

## Natural Vision Improvement using a Tested Method

Anyone who has worn glasses or contact lenses for several years is sure to be constantly looking for simple and effective ways to [improve vision](#). However, apart from laser correction surgery, very few viable options are available to the average person today. Besides, many of these treatments are not guaranteed and may cost quite a bundle – and that's something most people are not comfortable with.

### Alternative Therapy to Improve Eyesight

An innovative method was propounded by optometrist William Horatio Bates in the late 19<sup>th</sup> century. Known as the Bates Method, this controversial approach was shunned by visual scientists of the time, and continues to be unproven even though prominent figures like British author Aldous Huxley were strong proponents of the system. Since then, several similar systems have evolved, helping thousands of people [improve sight](#) through the unconventional methods of relaxation and visualization.

### The Proof of the Pudding is in the Seeing

Among the more prominent of these is the Janet Goodrich Method, promoted by the founder as an effective way to gradually rid oneself of the need for glasses or any other corrective eyewear such as contact lenses. Testimonials come flooding in when the Janet Goodrich Method is mentioned, and many people have actually shown measurable improvement in their vision. Consider this submission from a user of the system:

WAS : Mar 9th 2011		
	Right	Left
SPH	+4.00	+3.75
CYL	-3.00	-3.00
AXIS	180	180

NOW : 22 July 2011		
	Right	Left
SPH	+1.75	+1.25
CYL	-2.50	-2.50
AXIS	180	180

This sort of vision improvement in less than five months isn't something you can ignore. Proven or not, there's no denying the cascade of thank you emails that come pouring into Janet Goodrich's inbox. From every corner of the world, messages keep coming in mentioning vision improvement experienced by those who have tried the method.

### Modern Science versus Real People

The medical profession has long been averse to accepting therapeutic approaches that are not in line with modern scientific thought. This is as true today as it was in the day of Copernicus. Modern science isn't easily "convinced" by non-scientific methodology; however, case after case reveals that people can definitely and

measurably benefit from alternative methods when traditional ones are prohibitively expensive.

Reading this article may give you an inkling of an idea that there's a much bigger world out there than the one that science considers to be valid and proven. Testimonials can be as powerful as physical evidence, and when they come from so many people, the Janet Goodrich Method is certainly worth investigating – if only to increase the quality of your life through better vision.

<http://www.janetgoodrichmethod.com/>